




Christmas is almost here! To get ready for the Holiday Season, here are some nutrition tips that everyone can use. In October's *Nutritional Notes by Jeannine*, we provided information about cooking for one or two persons using an air fryer and a crock pot. This month, we will focus on food for anyone who has issues with their teeth.

As we get older, it is common to experience issues due to poor dentition. As a result, it can feel uncomfortable to eat food that we used to enjoy and it may become harder to meet your daily nutritional needs. The good news is there is no need to puree all food! Various meal prepping methods exist to help eat with limited dentition. Meal ideas that are easy to eat include flaky fish like cod or salmon, pasta, and rice and lentils. Other options include quiche, cornbread casserole with kale, or meatloaf served with gravy and mashed potatoes. You can also eat soups, stews, smoothies, steamed veggies, tenderized meat, soft dairy products, oatmeal, fruits, and more!

How do you prepare soup as a main course? For many people, soup is a starter in a two or three-course meal and is not always considered a main course. However, soups can be much more than just a starter or appetizer. Soups are very easy to make and to eat, and they are the best comfort food! Soups can be a useful tool to increase nutritional intake. To make soup into a main course, you can stack up the veggies and add protein, such as shrimp, leftover meat, eggs, tofu, legumes, squash, chicken, or turkey. Soups can be festive and are perfect for those with dental issues.

Smoothies are another way to boost daily nutrient intake! If you want to drink nutritious beverages, make a smoothie by adding frozen fruits, chia seeds, milk of your choice, and 100% fruit juice to a blender. Chia seeds can be added and are filled with protein and health healthy fats, like omega-3 fat, and fiber. Try to avoid adding blackberries to the smoothie because they have lots of seeds. You can also add chia seeds to your favorite pudding to boost nutritional value.

Treats for our Furry Friends: The Holiday Season is a good time to remind ourselves about our furry friends. Here is an easy Apple Cheddar Dog Biscuit recipe from the American Kennel Club.

<p>Apple Cheddar Dog Biscuit Recipe</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 cups barley flour • ½ cup old-fashioned oatmeal • ⅓ cup shredded cheddar cheese • ¼ cup grated Parmesan cheese • ⅓ cup unsweetened applesauce • 2 tablespoons olive oil 	<p>Instructions</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. Line a baking sheet with a non-stick baking mat or parchment paper. 2. In a large bowl, mix together all ingredients and about 3 tablespoons water to form a dough. Roll out mixture between two sheets of plastic wrap to ¼-inch thick. Remove plastic wrap and cut out biscuits with a 3½-inch bone-shaped cookie cutter. Re-roll scraps and continue cutting out biscuits. 3. Space biscuits 1 inch apart on a prepared baking sheet. Bake for 30 minutes until nicely browned and firm. 4. Transfer biscuits to a wire rack. Turn off the oven and place biscuits on a wire rack in the oven overnight. 5. Remove from oven and store in an airtight container for up to two weeks.
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